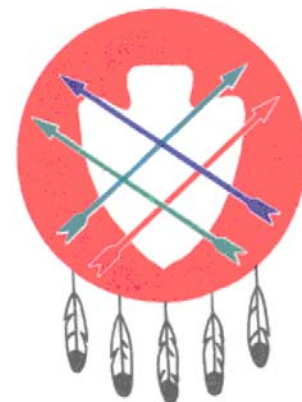


# PEORIA TRIBE OF INDIANS OF OKLAHOMA

## EEHİŠİ İIYAAYANKWI

“Where we are going”



Volume 13, Issue 1

Miami, OK

February 2014



### Chief's Message

I hope this newsletter finds each and every tribal member in good health. The annual meeting of the Peoria Council is approaching. We hope to see everyone on Saturday, March 1. Once again, lunch will be served before the meeting. The meeting will start at 1:00 p.m. Staff will be available to assist and answer questions on tribal programs, along with all federal grant programs the tribe administers. The staff will also be available to provide tours of tribal properties and enterprises.

During this last year, the Business Committee voted to remodel Buffalo Run Casino with a complete make over. We are extremely proud of how it turned out. The Business Committee also invested in a new clubhouse at Peoria Ridge Golf Course. The tribe is currently working with the City of Miami on a sewer extension to the development at Peoria Ridge. This investment will allow the expansion of housing on the property. The long range plan is currently being developed for additional infrastructure surrounding the golf course for future housing. The new clubhouse includes a banquet room which has received positive feedback from the community. Several bookings for weddings, class reunions and other functions indicate the facility will provide additional revenues for the course.

The Pow-Wow grounds road was effected by the shutdown of the federal government. BIA inspectors were not

on hand during that time so work was halted for several weeks. The road should be completed in early spring, weather permitting. Please make plans to attend the annual Pow Wow in June. Our dance has become quite popular with area dancers, along with dancers from all parts of the country. By the way, it is a chance to see tribal members for fellowship.

The Business Committee invites you to attend the Annual Meeting in March for a complete update on all tribal activities that have taken place this last year. Reports will be given during the meeting on enterprises and programs. That evening we play host to area stomp dance leaders and shell shakers at our annual Stomp Dance. Dinner will be served with the dance to follow. As you can see tribal members who attend will be able to enjoy a fun filled day of activities along with good food.

Once again, I would like to see each and everyone of you on Saturday, March 1. Voting polls for the annual election will be open between 7:00 a.m. and Noon with results announced during the annual Peoria Council meeting.

John P. Froman  
Chief

#### A publication of:

### Peoria Tribe of Indians of Oklahoma

#### Special points of interest:

Election Notice & Annual Meeting  
Announcement —pgs. 2 & 3

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Stomp Dance Flyer—pg. 13

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Special Election Notice & Call for Candidacy—pg. 16

Kids Zone—pg. 17

IHS-Problems with water or sewer?—pg. 18

New Employee—pg. 20

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## NOTICE OF ANNUAL ELECTION PEORIA TRIBE OF INDIANS OF OKLAHOMA

**Saturday, March 1, 2014**

The Election Committee of the Peoria Tribe of Indians of Oklahoma announces the Annual Election is scheduled on Saturday, March 1, 2014. Positions to be filled are: Chief, and two seats on the Grievance Committee each for terms of four (4) years.

Only one candidate filed for the two seats on the Grievance Committee. In accordance with Article XVI-Filing for Candidacy, Section 1 (i)

Unopposed Candidate, Lela Kay Stand has been declared by the Election Committee to be elected. A Special Election will be called to fill the remaining seat on the Grievance Committee.

Polling place on **Saturday, March 1, 2014**, will be at the Peoria Tribal Administration Building Conference Room, 118 South Eight Tribes Trail, Miami, Oklahoma, from 7:00 a.m. to Noon.

Candidates for office are:

CHIEF:

P J Attocknie

John P. Froman

Any member of the Peoria Tribe, as defined in Article III, Section 1 – MEMBERSHIP OF TRIBE, of the Constitution of the Peoria Tribe of Indians of Oklahoma, shall be eligible to vote, provided the member is eighteen (18) years of age or over on the date of the election. **Each member will be required to show proof of identification at each election in the form of a government issued photo identification showing their name to match the Official Voters' List provided by the Tribal Enrollment Office.** (*Peoria Tribe Election Ordinance, Article VI-VOTERS, Section 1*)

Voting results will be announced immediately at the Peoria Tribal Office and during the Annual Peoria Council Meeting at the Ottawa/Peoria Cultural Building, scheduled to convene at 1:00 p.m. on Saturday, March 1, 2014.

## ANNUAL PEORIA COUNCIL MEETING

The Annual Peoria Council Meeting is scheduled for  
Saturday, March 1, 2014. The meeting will start at 1:00 p.m.  
at the Ottawa/Peoria Cultural Center.

Lunch will be served between 11:30 a.m. and 12:45 p.m.

The Election polls will be open between 7:00 a.m. and Noon  
at the Peoria Tribal Administration Office Conference Room.

Make plans to come to Miami and spend the day with family and  
friends.

# The Peoria Tribal Burial Assistance Benefit

The Peoria Tribal Burial Assistance Benefit is \$10,000 per member. All Burial Assistance Applications must be completed and returned with an original certified death certificate no later than 180 days from the date of death. All deceased must be enrolled members of the Peoria Tribe. Payment will be made directly to the funeral home. Please visit with the funeral home concerning this policy. You may request a copy of the application by contacting the Tribal Enrollment Office, Donna Harp, in writing via email, [harp@peoriatribe.com](mailto:harp@peoriatribe.com), postal service or by telephone at 918-540-2535 or 1-800-259-9987.

## Tribal Committees

### Business Committee

Chief	John P. Froman	03/2014
Second Chief	Jason Dollarhide	03/2017
Treasurer	Aaron Wayne Blalock	03/2016
Secretary	Don Giles	03/2015
First Councilman	Carolyn Ritchey	03/2016
Second Councilman	Craig Harper	03/2017
Third Councilman	Alan Goforth	03/2015

### Grievance Committee

Lela Stand.....	2014
Annette Black.....	2017
Katy Sisco.....	2017
Tabitha Sixkiller.....	2014
Mark Davey.....	2016

### Election Committee

Tonya Grayson, Chairperson; Courtney McCartney, Secretary; Bud Ellis, Toni Potts, Kristen Gillman

### Enrollment Committee

Jenny Rampey, Jeane Wynn, & Kay Harper

### Economic Development/Finance/Properties

Don E. Giles, Hank Downum

### Housing/Social Services

Beebe Mitchell, M. Annette Black

### Education Committee

Donna Fitzgibbon, Chairperson; Alan Goforth, Secretary; Sadie Detherage

### Audit Committee

Michael Lewis, Kendra Pogue, Meredith Purgason

### Culture and Language Committee

Donna Fitzgibbon, Kevin Dawes

### Stomp Dance Committee

Rob Blalock, Chairperson; John Froman, Rick Landers, Terry Kinder, Ruthie Jones, Donna Fitzgibbon, Karen Stand, David Tyner, Darlene Young, Jeffery “Dude” Blalock, Bill Blalock

### Repatriation Committee

Jason Dollarhide, Chairperson; Michael Eddy, John Froman, Eddie Froman, Don Giles, Cynthia Purgason, LeAnne Reeves, Jane Hahn, Laura McCoy

### Cemetery Committee

Bill Blalock, John Froman

### Historical Committee

Joann Evans, Chairperson; Roberta Lindsly, Rick Landers

## LETTERS FROM THE CANDIDATES FOR CHIEF

To all members of the Peoria Tribe:

My name is Paul Joseph Attocknie, Jr., also known as “PJ”. I am announcing that I’m running for Chief of the Peoria Tribe.

I reside in Quapaw, Oklahoma with my beautiful family. My grandmother is the late Mary Olsen (Blalock) and I’m a descendant of the Blackhoof family. My mother is JoAnn Greenfeather of Miami, Oklahoma.

I am a graduate of Quapaw High School and currently I’m in my second semester at Northeastern Oklahoma A&M College Jr. in Miami. I am working toward two degrees: Native American Studies and Business Administration. I would like to thank our tribe for giving me the opportunity to further my education and create a better life for my family.

If elected Chief of the Peoria Tribe, I would like to create a Social Services program along with a health insurance program for all tribal members. It would take our tribal leaders and tribal members to help make these services available. It should be provide to our members, I believe this would lead to other programs for tribal members.

We have to remember that the tribe is here for tribal members.

We must try to look forward, if we want to succeed for all tribal members. Our tribe has some wonderful programs and businesses that benefit our people; but we can expand our programs to help our tribal members in a much better way. Buffalo Run Casino ran an ad that stated, “We are in the black and paying back.” If this is the case, then we as a tribe should, also benefit from the casino’s success. Let’s remember that the reason we built the casino was to help fund programs benefiting the tribe and tribal members.

When I talk of social services programs, I mean services that we will help tribal members with utilities bills and health care. This could be programs that will not give money to members, but one where the tribe will pay directly for those services. Each member would receive the same amount or limit for the assistance. Why can’t we have insurance for all members, so they would have primary or secondary insurance? Some people say that we have the Northeastern Indian Health Services, to provide for us, but what about on the weekend or after office hours. Why shouldn’t we have tribal insurance service to help with that emergency room visit?

At last year annual meeting, a lot of tribal members were talking about absentee ballots. I know this issue has positive and negative sides for each tribal member. I understand both sides and believe that this is a topic for our membership to discuss open and honestly about. Why can’t we have the election in the one month and then have the general council meeting, during our annual pow-wow. That way are members can vote for tribal members in our election, and attend the annual meeting.

I realize that this would require an amendment to the constitution and would take time. But this process should be a topic for every tribal member to discuss in our general council and come up with a logical solution to provide this service to all members of the tribe.

It’s time for the tribe to change its ways and start helping the tribal members with assistance. We need more transparency and for the tribe to start informing our members about what is going on in our tribe. I believe that the tribe can strive to become a better tribe for its members.

I would try to bring all these programs to our tribe and will work hand in hand with the other business committee members to try to incorporate these programs to all tribal members.

On March 1<sup>st</sup>, 2014, WE NEED A CHANGE and I would appreciate your vote and support for Chief of the Peoria Tribe of Indians of Oklahoma.

If you have any questions or comments, you can reach me by phone at 918-541-7351 or 918-674-2226 or email at pjattoc@neo.edu. I welcome, the opportunity to hear your thoughts on how I can better serve our people.

Sincerely,

PJ Attocknie, Peoria Tribal Member

**LETTERS FROM THE CANDIDATES FOR CHIEF**

I want to thank everyone for the support received during my years serving as your Chief. I also want to thank my fellow elected officials for their dedicated service on the Business Committee.

We, as a tribe, have grown over my thirteen years in office. This position reviews all federal grant programs the tribe operates, maintains all personnel records, supervises all tribal employees and is responsible for ensuring that all grant requirements and objectives are met. During my tenure we have completed and maintained over \$30 million of federal grants, all while having clean independent audits. Receiving clean audits is an important aspect of the position of Chief due to the fact this allows the tribe to receive additional federal dollars in the future. I feel these achievements give me the necessary experience to continue in the capacity as Chief of the Peoria Tribe of Indians of Oklahoma.

Representing the tribe as Chief has been an honor, and a privilege I do not take lightly. I was selected twice by the tribal leaders of the Muskogee Region of the BIA to represent them during federal budget meetings held with tribal leaders from across the nation. I have served on the Native American Cultural Authority, as Vice-Chairman of the Oklahoma Indian Affairs Commission, and various other board appointments on a local and regional basis. This service brings the Peoria Tribe a voice at the table on important issues which affect the tribe and its members. If re-elected as Chief I will continue to serve on these boards; proving my dedication as a public servant to the Peoria Tribe.

During my terms in service as Chief, tribal assets have grown to over \$40 million in total assets. This is over a ten-fold increase from my first term as Chief. Tribal programs, from tribal generated dollars, such as scholarships, burial assistance, and school reimbursements, have increased during my tenure. Just last year burial benefits increased from \$5,000 to \$10,000 per tribal member. School reimbursements have doubled to \$500 per child per year. I feel the biggest impact for our tribal members has been the increase in the education program benefits from \$500 per semester during my first year in office to the current awards of up to \$3,500 per semester. I want to thank the Business Committee for their support in investing in education and making it possible for each and every tribal member to have the opportunity to receive a college education.

If re-elected I will continue to seek additional areas of economic development for successful growth for our tribe.

Again, I thank you for the honor you have bestowed on me to serve as Chief of the Peoria Tribe of Indians of Oklahoma. I would be honored to continue serving as your Chief and ask for your vote on Saturday, March 1.

John P. Froman

## Tribal Member Reimbursement Program For School Supplies/School Clothes

At its regular meeting on February 5, 2013, the Peoria Tribal Business Committee took action to continue the school supplies reimbursement program and to raise the amount per student to \$500. The purpose of this program is to assist families with expenses of getting children back to school.

The program is designed to provide reimbursement of expenses for school supplies and clothing for enrolled tribal members attending grades K through 12. A full description of the Program and its guidelines is enclosed for your information as well as an application.

All applications for reimbursements must be submitted to the Education Director at the Peoria Tribal Office. **Only one application will be accepted per student per period. Each student can only be reimbursed for 2 of the 3 periods not to exceed \$500.** Applications will be processed in three (3) periods with payments made on schedule, see the guidelines for the outline of periods.

### Program Description

The Peoria Tribe of Indians of Oklahoma has established a program for reimbursement of school supplies or clothes for members of the Peoria Tribe of Indians of Oklahoma who are currently enrolled in grades K through 12. This will be an annual program subject to budget approval each year by the Peoria Tribal Business Committee.

The maximum amount per eligible student per school year is \$500. Reimbursements will be made in accordance with the following Guidelines and made payable to the parent/guardian submitting the application. Reimbursement checks will be mailed to the address as listed on the application.

Examples of costs allowable for reimbursement under this program include paper, pencils, notebooks, backpacks, shoes, clothes, school uniforms, lab fees, activity fees, summer school fees, or other fees charged by the school system. All costs must be itemized on a printed receipt and submitted with the Program Application.

All applications for reimbursements must be submitted to the Education Director at the Peoria Tribal Office. **Only one application will be accepted per student per period. Each student can only be reimbursed for 2 of the 3 periods not to exceed \$500.** Applications will be processed in three (3) periods with payments made on schedule outlined below: (Ex. An application received on August 4, 2013 will be processed and payment will go out in the mail by November 20, 2013.)

PERIOD	PAYMENT PROCESS DATE
July 1 <sup>st</sup> through October 30 <sup>th</sup>	November 20 <sup>th</sup>
November 1 <sup>st</sup> through February 28 <sup>th</sup>	March 20 <sup>th</sup>
March 1 <sup>st</sup> through June 30 <sup>th</sup>	July 20 <sup>th</sup>

**Any incomplete applications or postage due applications will not be accepted  
and will be returned for your completion.**

### Guidelines

- Student must be an enrolled member of the Peoria Tribe of Indians of Oklahoma.
- Must provide with application a copy of the student's tribal membership card.
- Student must be currently enrolled in grades K-12.
- Must provide original letter on official letterhead from school certifying the student's enrollment for current school year.
- Must provide original receipts for purchases showing description of items purchased, and cost per item.
- The maximum annual amount to be reimbursed per student is \$500 and will be made payable to the parent/guardian submitting the Program Application.

**Application Tribal Member Reimbursement Program  
For School Supplies/School Clothes  
Peoria Tribe of Indians of Oklahoma  
PO Box 1527, Miami, OK 74355  
918-540-2535**

Parent/Guardian Name: \_\_\_\_\_

Address: \_\_\_\_\_  
City/State/Zip

Phone Number: \_\_\_\_\_

Student's Name: \_\_\_\_\_

**(Only one application will be accepted per student per period)**

Student's Tribal Roll #: \_\_\_\_\_ Birth date: \_\_\_\_\_  
(Attach copy of membership card)

School Attending: \_\_\_\_\_  
(Attach copy of certification of enrollment from school)

Grade: \_\_\_\_\_ Age: \_\_\_\_\_ Period for which you are applying:  
Period 1: \_\_\_\_\_ Period 2: \_\_\_\_\_ Period 3: \_\_\_\_\_

Total of attached receipts: \_\_\_\_\_

**MUST BE ATTACHED: (check list below)**

- ☐ Copy of Tribal Membership Card
- ☐ Original Certification of School Enrollment
- ☐ Original Receipts of Purchases for School Supplies/Clothes

Date: \_\_\_\_\_ Signature: \_\_\_\_\_

**DO NOT WRITE BELOW THIS LINE/OFFICE USE ONLY**

Period Received: \_\_\_\_\_ Date Received: \_\_\_\_\_ Membership Confirmed: \_\_\_\_\_  
Reimbursement Requisition: \_\_\_\_\_ Check Mailed: \_\_\_\_\_

## FROM THE ENROLLMENT OFFICE

### *Is your State Certified Birth Certificate on file in the Enrollment Office?*

The Enrollment Office is continuing to update all tribal membership files. Many members have already sent in their state certified birth certificates. To comply with Federal guidelines and be eligible for a CDIB card, issued through the BIA, a state certified birth certificate is required. Reminder; state certified birth certificates must show, state file number, state seal, state registrars signature and parentage. If you are unsure if you have a state birth certificate on file please call the Enrollment Office. If you need assistance in acquiring one please contact State Vital Records Department in the state you were born and they will assist you in how you can acquire one.

### *Is your name updated in your membership file?*

The Enrollment Office will be glad to assist any member who needs to have their name changed. If your name has changed please update your file to your current legal name. Please bring or send in your legal documentation (such as marriage license, court order, etc.) and the name change process can begin. If you are receiving the tribal newsletter with a previous name listed on the address label, please call the Enrollment Office for assistance or send your legal documentation (i.e. marriage license, court order, etc.) so the name change process can begin. It has been observed, the postal service has been returning newsletters and other miscellaneous correspondence sent from the Tribe if a persons name does not match their postal record. The process to update your name is not an immediate event. Please update your name before a need arises as the process takes the same amount of time whether there is a need or a want for a name change.

### *Missing or Change of Address*

We still have several members (771) listed on the whereabouts unknown list. Any and all help is appreciated in finding these members. Several members have contacted the office with an update of family members. When the Enrollment Office receives a telephonic or electronic address change, the Enrollment Office will send a change of address form to the missing member with a request for completing the change of address form. Once the Enrollment Office receives the original, signed, completed form, the address is updated and the form is placed in the members file for accuracy. The Enrollment Office must have written permission from the tribal member, over the age of 18, or the legal custodial parent, for members under 18, on file for address changes. If you know someone who has moved or a tribal member household that is not receiving a newsletter please have them contact the Enrollment Office. If you would like to send the address form to them for their completion and return or an individual can download the form from the Peoria Tribe website [www.peoriatribes.com](http://www.peoriatribes.com) a person should; go to Programs, then to Enrollment. Under the Enrollment section there will be a change of address form highlighted in red, open the form, print the form out, have the individual (of over 18) or legal custodial parent (if under 18) to sign and return to the Enrollment Office.

For your convenience, a change of address form has been placed in the newsletter. The address for returning the form is:

Peoria Tribe of Indians of Oklahoma

Attn: Enrollment Office

PO Box 1527

Miami OK 74355

Thank you to all who have and will assist in this ongoing endeavor. All help is valued.

### *Enrollment Ordinance Reminders*

The Enrollment Office receives calls with requests for help or general enrollment information. To help members, listed below are a few reminders of the Enrollment Ordinance, which was revised and approved March 23, 2002. Below are sections of the Enrollment Ordinance of which the questions or information are typically asked.

Section 2. Dual enrollment with another Federally recognized tribe is prohibited and such prohibition shall be strictly applied; an enrolled member of another tribe shall not be eligible for membership with the Peoria Tribe. If a member of another tribe wishes to become a member of the Peoria Tribe, they must first relinquish all membership with other Federally recognized tribes.

Section 8. Each enrollment application must be completed in its entirety and must contain sufficient information to determine the applicant's eligibility for enrollment. Applicants must list the following on enrollment applications: all names by which the applicant has been known, applicant's current mailing address, name and notarized affidavit confirming applicant is not enrolled with any other Federally recognized tribe, and signature of the applicant or signature of the person filing the application on behalf of the applicant.

Section 9. Applications for enrollment must be accompanied with a State certified birth certificate. Applications received without a State certified birth certificate will not be processed. The following must be visible on State certified birth certificates:

State Seal

State File number

State Registrar's signature

State certified birth certificates must also be recorded with the State Vital Records Division of the state of birth. The following documents **are not** acceptable when accompanied with enrollment applications:

Hospital birth certificates

Baptismal certificate (even when parents' names are shown)

Heirship records

County abstracts

Approval of birth certificates issued by foreign nations or other highest-ranking governmental sub-division with jurisdiction to issue birth certificates will be at the discretion of the Enrollment Committee.

Section 18. Changes to active membership records, such as name changes due to marriage or divorce, must be made by legal documentation (i.e. marriage license, divorce decree, court order, etc.). Active members with change of addresses and other status information must notify the Enrollment Office at P.O. Box 1527, Miami, OK 74355 or by telephone at 918-540-2535 or 1-800-259-9987. Maintenance and accuracy of membership record data is the sole responsibility of each tribal member. Each tribal member is personally accountable for correct membership record information (i.e. contact information and/or name changes). The Tribal Enrollment Office will review changes to membership records to be forwarded to the Enrollment Committee; the Enrollment Committee shall certify its recommendation of approval to be approved by the Peoria Business Committee. Changes to membership records must ultimately be passed by resolution from the Business Committee and submitted to the Miami Area Agency, Bureau of Indian Affairs.

If I can be of any assistance please call (918) 540-2535 or (800) 259-9987.

Submitted by,

**Donna Harp, Enrollment Clerk**



## In Memory Of:

**Rose Willene Ellis**

**Patricia Kay  
Serkowski**

**Pearl M. Sorensen**

**Billie Eugene  
Wilson**

## EDUCATION

The education committee met January 5, 2014, at 5:00pm. Two members were in attendance, Alan Goforth and Sadie Detherage. Donna Fitzgibbon was sick and not able to attend. It was the decision of the committee to fund 89 renewal students, 8 new students, 8 part-time students, 5 graduate students, and 2 part-time graduate student. Letters were mailed to 27 students requesting additional information. It was also the decision of the committee to not fund 10 students due to incomplete applications. Thank you to the Education Committee: Donna Fitzgibbon, Sadie Detherage and Alan Goforth. The committee is responsible for screening student applications and their efforts are appreciated.

Financial need is not one of the criteria for the Peoria scholarship. Every Peoria college student is encouraged to apply. Please feel free to stop by the Peoria Tribal Office for other financial aid or scholarship information. It is never too early to obtain a scholarship application. You may do so by writing Education Director, Peoria Tribe, P.O. Box 1527, Miami, OK 74355; by phoning the Peoria office 1-918-540-2535 ext 10 or 1-800-259-9987 ext 10; or check it out on the Peoria Tribal website, [www.peoriatribe.com](http://www.peoriatribe.com).

**Application deadlines are July 31 for the Fall semester and January 7 for the Spring semester.** Incomplete or postage due applications will not be considered. Students who accept scholarship funds but do not complete their obligation for that semester and maintain a 2.5 GPA forfeit their eligibility for one semester.

If you know a Peoria student who has received scholastic honors or other special recognition at his or her school, please let the Education Director know. I can be reached at 1-800-259-9987, or 1-918-540-2535.

Mandie Ferguson, Education Director

## Request for Change of Address

Date: \_\_\_\_\_

Tribal Member:

\_\_\_\_\_  
(First Name)

\_\_\_\_\_  
(Middle Name)

\_\_\_\_\_  
(Maiden Name/Last Name)

DOB: \_\_\_\_\_

\_\_\_\_\_  
(Social Security Number)

Roll No. \_\_\_\_\_

New Address:

Old Address:

\_\_\_\_\_  
Address

\_\_\_\_\_  
Address

\_\_\_\_\_  
City State Zip

\_\_\_\_\_  
City State Zip

\_\_\_\_\_  
Home Phone

\_\_\_\_\_  
E-mail

\_\_\_\_\_  
Signature of applicant

Please list all tribal members of household who will need to have address changed:

\_\_\_\_\_  
(Name) (Date of Birth) (SSN)

\_\_\_\_\_  
(Name) (Date of Birth) (SSN)

\_\_\_\_\_  
(Name) (Date of Birth) (SSN)

\_\_\_\_\_  
(Name) (Date of Birth) (SSN)

## Child Care Development Fund Program

The child care program is funded through the Administration for Children and Families (ACF). This program is to provide childcare services and activities. The qualifications for the program are:

- There will always be a co-pay per child per month for each family.
- Live within 100 miles of the Peoria Tribal Office in the states of Missouri, Kansas, Arkansas, or Oklahoma.
- There must be an Indian in the household.
- Be under 13 years of age; or be under age 19 and physically or mentally incapable of caring for themselves; or under court supervision.
- Reside with a family whose income does not exceed the maximum net income level. there will be some deductions considered. Income level does not apply to the children that are physically or mentally incapable of caring for themselves.
- Co-pay **example**: Monthly net income of \$4,054.00 for a family of four, the co-pay would be \$105.00 per child per month. Every family will have a co-pay.
- Reside with a parent, parents or guardian who are gainfully employed or attending a job training or educational program; or receive, or need to receive, protective services.
- Adult must be at work or in class in order for the CCDF Program to assist with child care.

## Indian Child Welfare

Indian Child Welfare services for the Peoria Tribe of Indians of Oklahoma are available to all enrolled tribal members and, in most cases, to those who are eligible for enrollment.

The Indian Child Welfare Program (ICWP) is located in the Programs Office Building. If you should need our services, please feel free to contact us there. The office number is 918-540-2535 you can ask for Doug Journeycake, Director (Ext. 19 or Cell 918-540-4370).

Lack of Tribal Foster Homes is still an issue for the Tribes. If you are interested in becoming a Tribal Foster Home and want to open your heart and home to children in need contact the ICWP now. You can give children a chance to have a new and better life. There are many rewards of being a foster parent as well as the wonderful results for the Tribe's children. The process is relatively simple, you fill out an application, and we will do a thorough Federal and State background check on anyone over 18 years of age living in the home. We will require you to provide four personal references that the Indian Child Welfare Program (ICWP) will contact, and then the Indian Child Welfare Director or his designated representative will do a home visit in your home. Once that process is completed, the Indian Child Welfare Program will license your home as a tribal foster home. Additionally, the Department of Human Services (DHS) has a critical need for tribal foster homes to provide homes for Indian Children in state custody.

The Tribe is fortunate that it has very few ICW cases. Tribal members should be proud of themselves and their family members, as this sets a standard that it hard to meet by the other Tribes in the area.

Doug Journeycake, Director  
Indian Child Welfare

PEORIA TRIBE			
SUMMARY OF TRUST FUNDS			
December 31, 2013			
ACTIVITY	TOTAL		
114 ACRES AT WYANDOTTE	\$4,111.65		
PEORIA DESCENDANTS	PRINCIPAL	0	10,534.57
	INTEREST	10,534.57	
EDUCATION (Transfer)	807.22		
EDUCATION	PRINCIPAL	176,850.16	263,252.93
	INTEREST	86,402.77	
ECONOMIC DEVELOPMENT	PRINCIPAL	172,150.95	250,249.58
	INTEREST	78,098.63	
LAND ACQUISITION	PRINCIPAL	172,150.95	250,306.48
	INTEREST	78,155.53	
BURIAL	PRINCIPAL	57,386.81	85,023.46
	INTEREST	27,636.65	
TRIBAL GOV'T	PRINCIPAL	571,591.85	905,962.44
	INTEREST	334,370.59	
LEGAL	PRINCIPAL	57,386.81	86,269.73
	INTEREST	28,882.92	
TOTAL	1,856,518.06		
SUMMARY			
OVERNIGHTER (U.S. TREASURY)	61,518.06		
INVESTMENTS	1,795,000.00		
TOTAL	1,856,518.06		

Peoria Tribe of Indians of Oklahoma			
Unaudited Summary Expenditure Budget Report			
As of 12/31/2013			
(In Whole Dollars)			
Open FY 2014 Programs			
Account Title	Currently	Actual	Total
Indian Child Welfare	81,319.72	67,611	13,708
Higher Education	15,917.00	0	
Damage Assessment Project	42,225.00	25,367	16,858
Community Health Representative	50,719.00	14,191	
Title VI	99,520	93,958	5,562
Library	6,000	1,590	4,410
Indirect Cost Pool	442,050	332,492	109,558
Tribal Properties	377,916	49,290	328,626
Trading Post	7,553	1,783	5,770
Children's Christmas Special Revenue Fund	9,168	7,578	1,590
Gaming Commission	382,000	199,133	182,867
Cemetery Special Revenue Fund	8,922	5,485	3,437
Pow Wow Fund*	33,109	31,942	1,167
Education/Activity 2617	1,254,000	585,029	668,971
Economic Development / Activity 2614	150,000	-	150,000
Land Acquisition/Activity	100,000	-	100,000
Burial / Activity 2617	190,000	151,503	38,497
Tribal Government / Activity 2621	457,753	129,168	328,585
Legal Fees / Activity 2627	25,000	3,238	21,762
Totals FY 2011	3,733,172	1,699,359	1,981,368
Open FY 2013 Programs			
Account Title	Currently	Actual	Total
Aid to Tribal Government	239,449.22	0	
Indian Child Welfare	108,726.00	107,982	744
Higher Education	54,286.00	51,742	
IRR 2% Planning Funds	8,224.91	248	
Fish Hatchery Maintenance	259,100.00	83,272	
Title IV B	8,932.00	841	
Child Care & Development Fund	753,000.00	237,247	
GAP	134,250.00	21,141	
Air Program	74,946	45,765	29,181
Water-Non Point Source-Base	70,000	2,219	
Water Quality Program	110,225	20,840	
Promoting Safe & Stable Families	14,692	6,472	8,220
Peoria Ridge Clubhouse Project	1,300,000	1,377,581	(77,581)
Totals FY 2011	3,135,831	1,955,349	(39,435)
Open FY 2012 Programs			
Account Title	Currently	Actual	Total
Aid to Tribal Government	247,068.00	129,699.07	117,369
Fish Hatchery Maintenance	175,810.00	147,942	27,868
Fish & Wildlife	207,708.00	197,741	9,967
Non Point Source Golf Course	356,796.00	88,512	268,284
Water Quality Program	118,000	113,915	4,085
Tribal Homeland Security Grant	236,198	124,677	111,521
Totals FY 2011	1,341,580	802,486	539,094
Open FY 2011 Programs			
Account Title	Currently	Actual	Total
National Parks Service	60,000	46,092	13,908
Non Point Source Water NEO	343,833	276,484	67,349
Totals FY 2011	403,833	322,576	81,257
Open FY 2010 Programs			
Account Title	Currently Budgeted	Actual Cumulative Expenditures	Total Budget Remaining
Aid To Tribal Government Contract	246,006	233,462	12,544
Totals FY 2010	246,006	233,462	12,544
Open FY 2008 Programs			
Account Title	Currently Budgeted	Actual Cumulative Expenditures	Total Budget Remaining
Housing Improvement Program Contract	25,069		25,069
Totals FY 2008	25,069	-	25,069
Open FY 2003 Programs			
Account Title	Currently Budgeted	Actual Cumulative Expenditures	Total Budget Remaining
Housing Improvement Program	98,845	58,734	40,111
Totals FY 2003	98,845	58,734	40,111

## SUMMARY OF BUSINESS COMMITTEE MEETING MINUTES

### REGULAR MEETING - NOVEMBER 5, 2013 –

Chief John Froman called the meeting to order. Secretary Don Giles declared a quorum with all members present. Motion to approve the Agenda as corrected was made and seconded. Motion carried unanimously. Motion was made and seconded to approve the minutes of October 1, 2013, as presented. Motion carried unanimously. Motion was made and seconded to approve the financial reports for September 2013 as submitted. Motion carried unanimously. Motion was made and seconded to adjust Tribal Enterprises to transfer \$5,000 to the Peoria Tribal Children's Christmas account. Motion carried unanimously. Motion was made and seconded to approve the 90-day review increase for Christy Hadley as recommended by the Gaming Commission. Motion carried unanimously. There was no unfinished business brought before the Committee. Motion was made and seconded to approve the new members as recommended by the Enrollment Committee. Motion carried unanimously. Two resolutions were presented for consideration and upon motions duly made and seconded each was approved by unanimous votes: (2) Resolution R-11-05-13-A, "Approval for Changes to the Peoria Tribal Membership Roll" and (2) Resolution R-11-05-13-B, Resolution for Continued Support of the Title VI-Part A-Supportive and Nutritional Services for Older Native Americans and for Support of Part C-Native American Caregiver Support Program". Motion was made and seconded to approve the appointment of Kay Harper to the Enrollment Committee. Motion carried by unanimous vote. Under Public Comments written comments received were shared with the Business Committee which referenced senior services, results of meetings with IRS representatives, Gaming Commission office rental, and school supplies. A suggestion was received for cleanup of the dead trees on the former Country Club (Orr) property. There was no call for Executive Session. Motion to adjourn was made and seconded. Motion carried unanimously and the meeting was adjourned.

### REGULAR MEETING - DECEMBER 3, 2013 –

Chief John Froman called the meeting to order. Secretary Don Giles declared a quorum with all members present. Motion to approve the Agenda was made and seconded. Motion carried unanimously. Motion was made and seconded to approve the minutes of November 5, 2013, as presented. Motion carried unanimously. Motion was made and seconded for approval of up to \$160,000 of the casino reserves balance for upgrade of surveillance and office space. Upon a tie vote of 3 for and 3 against, the Chairman voted against and the motion failed. Motion was made and seconded to approve the financial reports for October 2013 as submitted. Motion carried unanimously. Motion was made and seconded to pay Christmas bonuses to the tribal office staff who have been employed more than 90 days in the same amount as last year. Motion carried unanimously. There was no unfinished business brought before the Committee. Motion was made and seconded to approve the new members as recommended by the Enrollment Committee. Motion carried unanimously. Two resolutions were presented for consideration and upon motions duly made and seconded, each was approved by unanimous votes: (1) Resolution R-12-03-13-A, "Approval for Changes to the Peoria Tribal Membership Roll" and (2) Resolution R-12-03-13-B, "Designation of Cahokia Mounds as a Sacred Site". Motion was made and seconded to approve the Memorandum of Understanding (*Consideration of Memorandum of Understanding Among the Federal Highway Administration, Illinois State Historic Preservation Officer, Illinois Department of Transportation, and Federally Recognized Tribes Interested in Illinois Lands Regarding Tribal Consultation Requirements for the Illinois Federal Transportation Program*) as presented. Motion carried by unanimous vote. Motion was made and seconded to approve the Programmatic Agreement (*Consideration of Programmatic Agreement Among the Federal Highway Administration, Federal Aviation Administration, Illinois Department of Transportation, St. Clair County, and Illinois State Historic Preservation Officer, Regarding Construction of the Interstate 64 and Rieder Road Interchange, St. Clair County, Illinois*) as presented. Motion carried unanimously. Motion was made and seconded to approve the reappointments of Bud Ellis, Toni Potts, Tonya Grayson, Courtney McCartney, and Kristen Gillman to the Election Committee. Motion carried unanimously. Motion was made and seconded to approve the reappointment of Kevin Bullard to the Peoria Tribal Gaming Commission. Motion carried unanimously. No public comments were received. There was no call for Executive Session. Motion to adjourn was made and seconded. Motion carried unanimously and the meeting

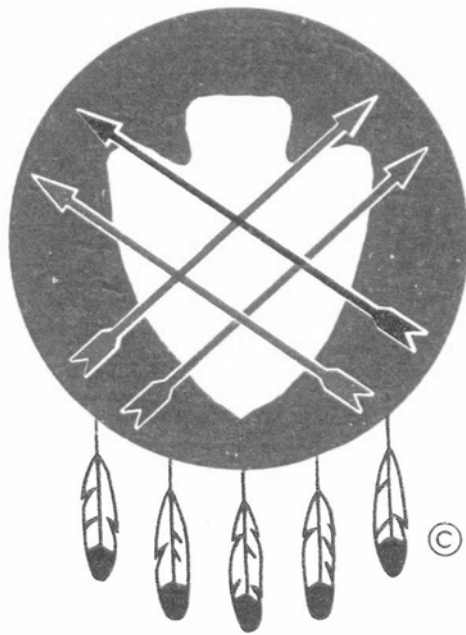
# PEORIA TRIBE OF INDIANS OF OKLAHOMA STOMP DANCE

Saturday, March 1, 2014

Ottawa/Peoria Cultural Center\*

Miami, Oklahoma

Dinner at 5:30 p.m.



Home folks please bring a  
covered dish and a cake.  
Visitors - bring yourselves!

Stomp Dance from 7 p.m.

Please bring your own lawn chairs.

Not responsible for accidents.

No alcohol or drugs allowed!

**CAKE WALKS - 50/50 - RAFFLES**

For more information contact The Peoria Tribal Office  
At 918-540-2535

\*North from intersection of the Will Rogers Turnpike Gate (Exit 313) and Hwy. 10 (Steve Owens Blvd.) to U.S. 69A; take the second right turn (east) to Ottawa/Peoria Cultural Center. Watch for sign.

<b>ITEM DESCRIPTION</b>	<b>PRICE</b>
<b>Peoria History Book</b>	<b>\$20.00</b>
<b>Miami/Peoria Dictionary</b>	<b>\$7.00</b>
<b>Myaamia &amp; Peoria Narratives &amp; Winter Stories</b>	<b>\$4.00</b>
<b>History of Illinois Indians DVD</b>	<b>\$29.95</b>
<b>Youth T-Shirts (please see list of available sizes)</b>	<b>\$8.00</b>
<b>Adults T-Shirts (please see list of available sizes)</b>	<b>\$10.00 plus sizes add \$2</b>
<b>Youth Hoodies (please see list of available sizes)</b>	<b>\$16.00</b>
<b>Adults Hoodies (please see list of available sizes)</b>	<b>\$18.00 plus sizes add \$2</b>
<b>Insulated Mugs</b>	<b>\$5.00/Each or 2/\$9.00</b>
<b>Ceramic Coffee Mugs (please see list of available colors)</b>	<b>\$5.00/Each or 2/\$9.00</b>
<b>Tribal Caps (please see list of available colors)</b>	<b>\$12.00</b>
<b>License Plates (Novelty)</b>	<b>\$ 6.00</b>
<b>Blankets (please see list of available colors)</b>	<b>\$20.00</b>
<b>Beaded Earrings &amp; Bracelets (please contact office for more details &amp; availability)</b>	<b>\$8.00 - \$12.00</b>
<b>Beaded Necklaces Sets (please contact office for more details &amp; availability)</b>	<b>\$35.00</b>
<b>Shawls (please contact office for more details &amp; availability)</b>	<b>\$15.00 - \$50.00</b>

<b>Ball Cap Colors</b>		<b>Blanket colors</b>	
<b>Black</b>	<b>Navy</b>	<b>Black</b>	<b>Forest Green</b>
<b>Dark Green</b>	<b>Tan</b>	<b>Royal Blue</b>	<b>Charcoal Gray</b>
<b>Maroon</b>	<b>Charcoal Gray</b>	<b>Red</b>	

<b>Coffee Mug Colors</b>
<b>Black</b>
<b>Dark Green</b>
<b>Wedgewood Blue</b>
<b>Yellow</b>
<b>Purple</b>
<b>Pink</b>

<b>SIZES AVAILABLE</b>	
<b>T-shirts</b>	<b>Hoodies</b>
<b>Youth sizes:</b>	<b>Youth sizes:</b>
<b>12 &amp; 24 mos</b>	
<b>2T/ 3T/ X-Sm/Y Med/Y Lg</b>	<b>2T/ 3T/ Med/ Lg</b>
<b>Adult Sizes:</b>	<b>Adult Sizes:</b>
<b>Sm/ Med/ Lg/ XL/ Plus Size: XXL/ XXXL</b>	<b>Sm/ Med/ Lg/ XL/ Plus Size: XXL</b>



TRADING POST ORDER FORM

Order information:DATE:

Phone: 918-540-2535

Email: mferguson@peoriatribe.com – Please email with any questions you might have.

Fax: 918-540-2538

Mail: Send this form to Peoria Tribe  
Attn: Trading Post  
PO Box 1527  
Miami, OK 74355

Item Description	Size/ Color	Price	Qty	Total

Shipping for orders \$75 or less is \$7.50	SUBTOTAL	
Shipping for orders over \$75 add 10%	SHIPPING	
	TOTAL	

SHIPPING ADDRESS

Name:

Street:

City:

State:Zip:

Phone:

Email:

PLEASE MAKE CHECKS OR MONEY ORDERS PAYABLE TO: PEORIA TRIBE



## SPECIAL ELECTION NOTICE AND CALL FOR DECLARATION OF CANDIDACY

The Election Committee of the Peoria Tribe of Indians of Oklahoma announces a Special Tribal Election for one position on the Grievance Committee in accordance with Article XVI, Section 1 (j) of the Election Ordinance of the Peoria Tribe of Indians of Oklahoma.

The Special Election will be held on **Saturday, April 12, 2014**, at the Peoria Tribal Administration Building, 118 South Eight Tribes Trail in Miami, Oklahoma. Polls will be open from 7:00 a.m. to 12 noon. Any member of the Peoria Tribe of Indians of Oklahoma shall be eligible to vote, provided the member is eighteen (18) years of age or over on the date of election. **Each member will be required to show proof of identification in the form of a government issued photo identification showing their name to match the Official Voters' List provided by the Tribal Enrollment Office.**

The ballots will be counted and tabulated and the results announced immediately. In the event no candidate receives a majority vote, the Election Committee will immediately call for a run-off election by announcing the date and time polls will open. Polls for a run-off election shall remain open for a period of two (2) hours. Balloting will continue (by call of the Election Committee) until one candidate receives a clear majority of total votes cast.

In accordance with Article XVI, Section 1(i) of the Election Ordinance, in the event only one candidate files for elective office, that candidate shall be declared elected. In the event a candidate is declared elected, it will not be necessary for the Peoria Tribe to conduct an election, by ballot, for that elective office. Furthermore, in the event a candidate is declared elected, that candidate shall assume office upon taking the Oath of Office.

In the event no one files for an elective office in accordance with the forty-five (45) day Declaration of Candidacy policy, the Election Committee shall issue a second Election Notice.

### Candidacy Filing Deadline

All candidates must file their Declaration of Candidacy forms and pay the filing fee, in person, with the Election Committee or the Committee's designated representative at the Peoria Tribal Office, 118 South Eight Tribes Trail in Miami, Oklahoma, during normal working hours (8 a.m. to 4:30 p.m., Monday through Friday). **The deadline for filing is 4:00 p.m. on, February 26, 2014.**

### QUALIFICATIONS OF CANDIDATES

The following qualifications for candidates must be satisfied in accordance with the Constitution of the Peoria Tribe of Indians of Oklahoma:

#### **Article IX, Section 5**

Qualifications of Candidates – Any member of the Peoria Tribe who is at least twenty-five (25) years of age on the date of election; and who has never been convicted of a felony in a court of competent jurisdiction, shall qualify as a candidate for membership on the Business Committee or Grievance Committee.

Any member of the Peoria Tribe who files for an elective office and is currently holding another elective Tribal office, will upon filing, immediately resign his or her present office. Resigning from a present office will apply only if an incumbent files for a different elective office.

#### **Article IX, Section 6**

Nominations – Nominations for the Business Committee and the Grievance Committee shall be filed with the Election Committee at least forty-five (45) days prior to the election in accordance with the Election Ordinance.

### FILING PROCEDURES

Filing procedures are prescribed by the Election Ordinance and governed by the Constitution of the Peoria Tribe of Indians of Oklahoma.

**Candidate For Office:** Any qualified member of the Peoria Tribe of Indians of Oklahoma who desires his/her name to be placed on the ballot as a candidate for any elective office, shall file a Declaration of Candidacy form with the Election Committee or the Committee's designated representative. The official form shall be provided by the Peoria Tribe. The prospective candidate's membership shall be verified by the Tribal Enrollment Officer and a background investigation conducted by the Election Committee.

**Declaration of Candidacy:** The Declaration of Candidacy shall be in writing in the form prescribed by the Election Committee and filed in person during normal working hours, at least forty-five (45) days prior to the election, at the Peoria Tribal office building or other designated location. No person shall be a candidate for more than one (1) position on the Business Committee at any time.

**Filing Fee:** There shall be a non-refundable fee of Twenty-five Dollars (\$25.00) paid by prospective candidates for the elected offices. The filing fee shall be by cash, certified check, or money order, made payable to the Peoria Tribe. The filing fee shall be paid, in person, on the same date the prospective candidate submits his/her Declaration of Candidacy. This filing fee shall be deposited into the Tribal treasury for the use of the Tribe to defray all expenses incurred as a result of the election.

**Withdrawal:** A person seeking an elected office may withdraw his/her Declaration of Candidacy by filing a written notice of withdrawal, in person, with the Election Committee or designated representative. The notice of withdrawal shall be filed during normal working hours at the Peoria Tribal office building or other designated location. Such notice shall contain the candidate's name, address and the position for which he/she is a candidate. Also, such notice shall be signed by the candidate and notarized. If a candidate withdraws after ballots have been printed, the Election Committee shall post notices to that effect at the voting place and within the voting booths and make a line through or otherwise obliterate the candidate's name from the ballots. Any votes cast for a withdrawn candidate shall not be counted.

**Verify Qualifications of Candidates:** The Election Committee shall review all filings for the elected office to ascertain that the prospective candidates meet the qualifications set forth in Article IX, Section 5 of the Constitution of the Peoria Tribe. The Election Committee shall make these determinations no later than ten (10) days following receipt of Declaration of Candidacy form. If the Election Committee determines that a person is not eligible to be a candidate, the Election Committee or designated representative shall notify that person in writing by certified mail, return receipt requested, of their decision. That person's name shall not be included on the ballot. The ineligible person may appeal, in writing, the Election Committee's decision to the Business Committee at the next monthly meeting of the Business Committee.



# Kids Zone

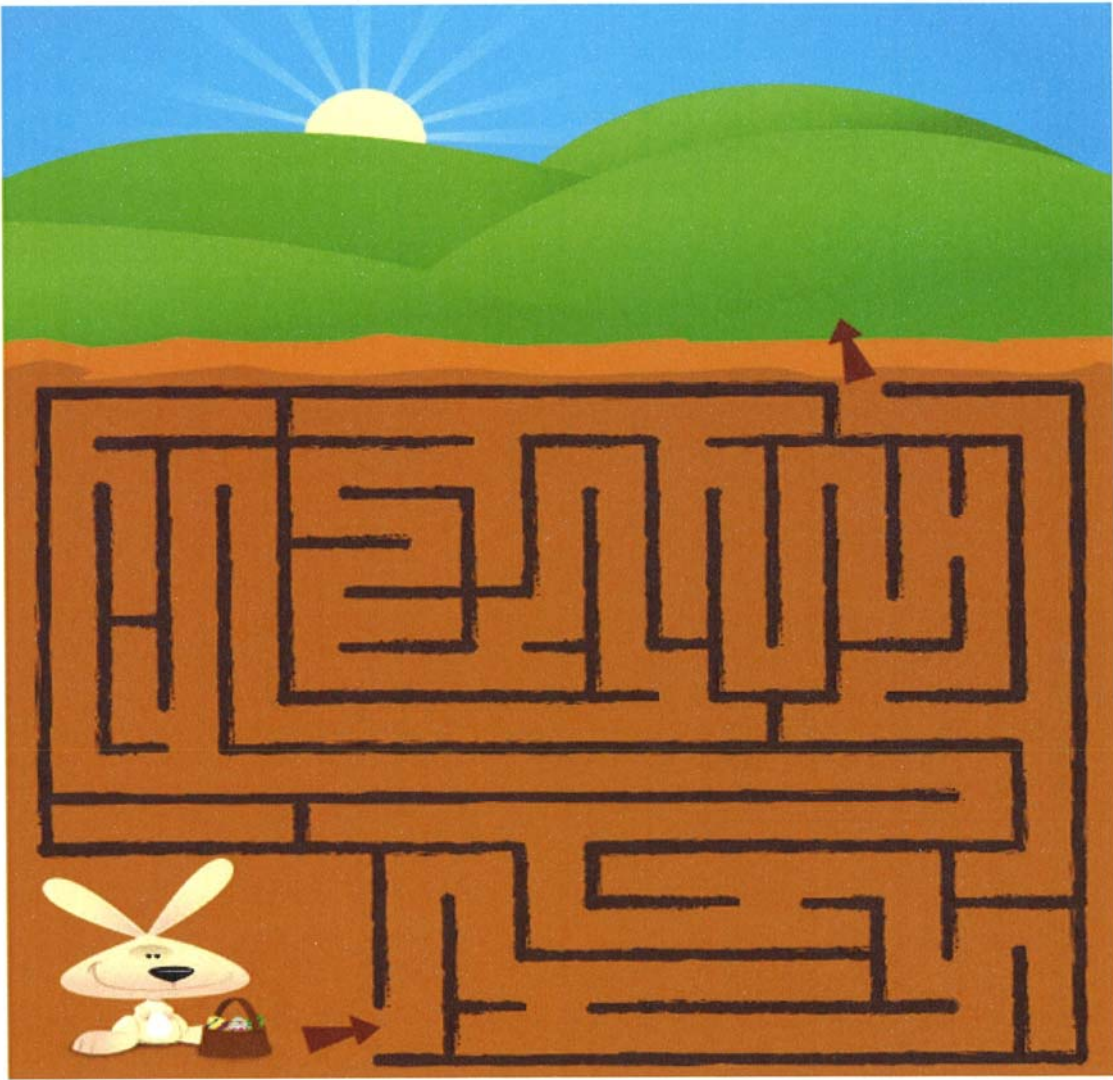
Kids Sudoku

ANSWERS ON BACK PAGE

Fill in the blank squares with the correct numbers so that the numbers appear only once in each row and column.

3			4
		1	
	3		
2			1

Help the bunny find its way to the meadow!





**Are you experiencing problems with your water or sewer facilities?**

Because your home has been identified as possibly being a Native American owned home, the Indian Health Service would like to inform you of the services we provide to eligible homes.

**ELIGIBILITY REQUIREMENTS:**

**Native American homeowner**

**Primary Residence (NOTE: summer/vacation homes are ineligible)**  
**New, like-new condition, HIP, or existing homes only**

Should you meet the eligibility requirements, the IHS - Division of Sanitation Facilities Construction would be able to provide the following water and wastewater services to you.

**SERVICES AVAILABLE TO NATIVE AMERICAN HOMES:**

**On-site septic tank drainfield and others**  
**Connection to community sewer systems**  
**Drilled water wells**

**Connection to community water supply system**  
**Interior plumbing (on existing homes)**

Please contact our offices below for a service request application:

**OKLAHOMA CITY AREA INDIAN HEALTH SERVICE**

**OKLAHOMA CITY AREA FIELD OFFICES**

Clinton Field Office  
 Murie, Monica  
 (580) 331-3492

Holton, KS Field Office  
 Selwyn, Lyle  
 (785) 364-4164 x1205

Lawton Field Office  
 Fink, Richard  
 (580) 364-6650

Miami Field Office  
 Schuster, Ted  
 (918) 759-8573

Oklahoma City Area Office  
 Welch, Jeffrey  
 (918) 752-3173

Pawnee Field Office  
 Perry, Diana  
 (918) 762-6588

Shawnee Field Office  
 Porter, Billy J  
 (405) 214-4201

Oklahoma City Area Office  
 Taylor, Johnny B  
 (405) 951-3782

**OKLAHOMA CITY AREA TRIBAL**

Chickasaw Nation - Ada  
 Dewayne Laxton  
 (580) 272-2051

Cherokee Nation - Tahlequah  
 Billy Hix  
 (918) 453-5111

Choctaw Nation - Hugo  
 Jim Grider  
 (580) 326-9673 x 6554

Modoc Tribe - Miami  
 Jim Land  
 (918) 542-8175

Citizen Potawatomi Tribe - Shawnee  
 Kurtis Silas  
 (405) 878-4672

Absentee Shawnee Tribe - Shawnee  
 Ken Jones  
 (405) 214-4235

Wyandotte Nation - Wyandotte  
 Kathy DeWeese  
 (918) 678-2297



## The Onset of Winter

With the onset of winter you can expect to be confronted with a variety of winter ailments. Illnesses in children are as much a part of winter as cold weather. While contagious viruses are active year-round, fall and winter are when we're all most vulnerable to them. This is due in large part to people spending more time indoors with others when the weather gets cold. Every year around this time, pediatricians start to see a steady stream of sniffing, coughing, feverish children.

To stay healthy, work on prevention. Preventing illness is often much easier and much safer than allowing medicine to handle all of your illness or disease concerns. There are several things you can do to avoid getting sick and to stop the spread of infections or resistant bacteria to others. Defend yourself, your family and friends, and others with easy steps to prevention. **Wash your hands and clean!!!** Some viruses can survive on doorknobs, toys, keyboards, and other objects. Touch them, then touch your nose or mouth and you've got it! With children everything ends up in their mouth.

## Picky Eaters



**Do any of the statements below remind you of your child?**

- *"Michael won't eat anything green, just because of the color."*
- *"Ebony will only eat peanut butter sandwiches!"*
- *"Jacob won't eat peaches because they are 'hairy' or pears because they are 'scratchy.'"*
- *"Maria doesn't sit still at the table. She can't seem to pay attention long enough to eat a meal!"*
- *"Bananas used to be Matt's favorite food, now he won't even touch them!"*
- *"Emily will eat any food—as long as it's white. White potatoes, white bread, white beans. It just has to be white. At least she drinks her milk!"*

**You are not alone.** Picky eating is a typical behavior for many children. It is simply another step in the process of growing up and becoming independent. As long as your preschooler is healthy, growing normally, and has plenty of energy, he or she is most likely getting needed nutrients. If you are concerned that your child's picky eating has lasted for a long time or is very restrictive, speak with your child's doctor.

**There are many types of picky eating behaviors.**

Children often want to explore food rather than eat it. Many children will show one or more of the following behaviors during the preschool years. In most cases, these will go away with time.

- Your child may be unwilling to try new foods, especially fruits and vegetables. It is normal for your preschooler to prefer familiar foods and be afraid to try new things.
- For a period of time, your preschooler may only eat a certain type of food. Your child may choose 1 or 2 foods he or she likes and refuse to eat anything else.
- Sometimes your child may waste time at the table and seem interested in doing anything but eating.
- Your child may refuse a food based on a certain color or texture. For example, he or she could refuse foods that are red or green, contain seeds, or are squishy.

If you don't make it a big deal, it will usually end before school age. You can do many positive things to deal with picky eating and help your child learn to try new foods.

- Let your kids be "produce pickers." Let them help pick out fruits and veggies at the store.
- Kids like to try foods they help make. It's a great idea for helping your picky eater try fruits and vegetables. Children also learn about fruits and vegetables when they help make them. And all of that mixing, mashing and measuring makes them want to taste what they are making.
- Try to make meals a stress-free time. Talk about fun and happy things. If arguments often happen at mealtimes, your preschooler may learn unhealthy attitudes toward food.
- Offer choices. Rather than asking "Do you want broccoli for dinner?" ask "Which would you like for dinner: broccoli or cauliflower?"
- Offer a variety of foods and let your child choose how much of these foods to eat
- Offer the same foods for the whole family. Don't be a "short-order cook," making a different meal for your preschooler. Your child will be okay even if they don't eat a meal now and then.
- Make food fun! Get creative in the kitchen with cool ideas.

**Many preschoolers are hesitant to try new foods.**

It is completely normal for young kids to reject foods they have never tried before.

**Here are some tips on how to get your preschooler to try new foods:**

- Sometimes, new foods take time. Kids don't always take to new foods right away. Offer new foods many times. It may take up to a dozen tries for a child to accept a new food.
- Small portions, big benefits. Let your kids try small portions of new foods that you enjoy. Give them a small taste at first and be patient with them. When they develop a taste for many types of foods, it's easier to plan family meals.
- Be a good role model by trying new foods yourself. Describe its taste, texture, and smell.
- Offer only one new food at a time. Serve something that you know your child likes along with the new food. Offering too many new foods all at once could be overwhelming.
- Offer new foods first, at the beginning of a meal, when your child is the most hungry.
- Serve food plain if that is important to your preschooler. For example, instead of a macaroni casserole, try meatballs, pasta, and a vegetable. Also, to keep the different foods separate, try plates with sections. For some kids the opposite works and serving a new food mixed in with a familiar item is helpful.



**Editor:**      **Mandie Ferguson**      mferguson@peoriatribe.com      www.peoriatribe.com

**Answer**

3	1	2	4
4	2	1	3
1	3	4	2
2	4	3	1